

THE SIXTH

THIS WEEK...

CONTROL THE
CONTROLABLES

8–12 June 2026

CONTROL THE CONTROLABLES

As you approach your exams, it is natural to feel some pressure. Remember that while you cannot control the questions on the paper, you can control your preparation, effort, organisation and attitude. Focus your energy on the things within your control: attend all lessons, revise consistently, seek help when needed, get enough sleep and arrive prepared. The most successful students are those who concentrate on what they can influence rather than worrying about what they cannot. This week, focus on the controllables and trust in the work you have put in.

"Do your best until you know better. Then when you know better, do better." – Maya Angelou

THE SIXTH

8–12 June 2026



YEAR 13 EXAMS

We are very proud of you!
Keep going! See P4 for
our full message.

YEAR 12 MOCK EXAMS

Will take place w/c 15th
June. See P5 for a full
overview and
expectations.

YEAR 12 WORK EXPERIENCE

22-26 June: Students will be
at their work experience
placements. Consents needs
to be completed for this by
employers and Parents
through UniFrog. Please
ensure these consents are
complete. Students without a
Placement will be in school
working on departmental
projects and homework.

CAREERS FAIR

Tuesday 7th July 5 - 7pm in
the Sports Hall. This event is
fantastic for all Year 12
students to attend to
discover jobs,
apprenticeships,
universities and more. See
P14 to find out more and
reserve tickets.

ANIMAL FARM PRODUCTION

Well done to our Year 12
students who produced
and directed the Animal
Farm production this week.
See P6 for more details.

DOFE SUCCESS

Emilia Franks visited
Buckingham Palace after
completing her Gold Duke of
Edinburgh Award. See P10.

BUCKET GOLF AND FUSSBALL

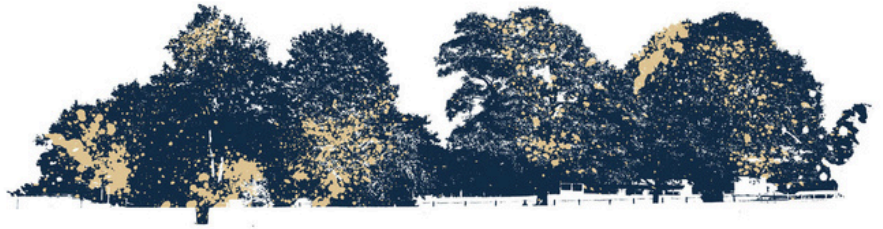
We are excited for our Year
12 students to be able to
take part in two Inter-Hall
competitions taking place
this term. See the following
pages for more info and get
involved: Bucket Golf P12
and FussBall P11.



Lynn High School
Sixth Form



WHAT'S ON THIS WEEK



Please [click here](#) to view the Assessment calendar, which includes key dates for the year ahead.

CALENDAR

8–12 June 2026

DAY	YEAR 12	YEAR 13	OTHER EVENTS
MONDAY	Monday reset – <i>The Sixth</i>	Study Leave	
TUESDAY	Assembly - Mock & Super Curricula Support	Study Leave	
WEDNESDAY	Log Enrichment on Unifrog and Personal Statements	Study Leave	
THURSDAY	Study Skills - 5 ways to manage revision stress	Study Leave	
FRIDAY	Plan Question 2 - Personal Statements	Study Leave	

YEAR 13 EXAMS



We are very proud of you!

Keep going!

As you enter your fifth week of exams, remember that this is a marathon, not a sprint. For some of you, there are still several exams ahead, so managing your energy and maintaining your exam stamina is more important than ever. Pace yourselves carefully, keep a consistent routine, prioritise sleep, stay hydrated, eat well, and build in short breaks to recharge between revision sessions. Focus on running your own race rather than comparing your journey to anyone else's. Take time to recognise and celebrate the progress you have already made, every exam completed is an achievement in itself.

Keep going.
You're
almost
there.

Exams are designed to be challenging, and it is natural to encounter questions that do not go exactly as planned. Resilience is built in these moments. If an exam hasn't gone as well as you hoped, avoid replaying it repeatedly in your mind. Once it is finished, shift your attention to the next opportunity. Dwelling on the past can drain valuable energy that is better invested in the exams still to come. Learn what you can, draw a line under it, and move forward positively.

Most importantly, remember that we believe in you. We have seen your commitment, your hard work, and the determination you have shown throughout your time in Sixth Form. Trust in the preparation you have put in and the skills you have developed. You are capable of more than you may sometimes realise, and you can do this. Keep showing up, keep moving forward, and keep believing in yourselves as strongly as we believe in you. The finish line is now in sight.



YEAR 12 MOCK

EXAMS

Overview and Expectations



You have already received your **individual exam timetable**. This shows you when your exams take place. It is very much your responsibility to highlight any errors or concerns you may have in advance of this. Please note all exams must be sat on the date allocated. You will not be permitted to change these times, as in the real exam, you cannot change the time/date of the exam. It would only be under exceptional circumstances that changes are made – to ensure the authenticity of the exam and prepare you adequately for the real exams.

It is essential that you **check and pay close attention** to the following:

- Exam dates and start times
- Room and seat numbers
- Any exam access arrangements

It is your responsibility to ensure they attend the correct exam, at the correct time and location.

Study Leave

Study leave will begin on Monday 15th June and end on Friday 19th June. During this time, most lessons will not run, and there will be no Form Time or Supervised Study Periods in the Upper Hex.

Coursework Subjects – Alternative Arrangements for Study Leave Week

Students studying the following subjects should note the different arrangements during study leave week:

- CTEC ICT
- BTEC Fashion
- BTEC Business
- BTEC Sport
- BTEC Health and Social Care
- Photography
- Art
- 3D Design

For these subjects:

- Lessons will continue as normal throughout the study leave period
- Students must attend their timetabled lessons unless they clash with an exam
- If a student has an exam in the afternoon, they are permitted to miss timetabled lessons in the morning in order to prepare and revise
- Where a morning lesson is missed due to an afternoon exam, students must check with their subject teacher in advance and follow instructions regarding catch-up work, homework, or independent study

We would like to thank Parents / carers in advance for their support in ensuring that students follow the arrangements that apply to them during the study leave period.



NEWS

**ANIMAL
FARM**
By George Orwell

Sixth Form Students Shine in Animal Farm Production



Congratulations to our talented Sixth Form students who recently produced and directed a fantastic performance of George Orwell's Animal Farm over two evenings.

What made this production particularly impressive was that the entire project was led by Sixth Form students, who took responsibility for every aspect of the show. From directing the cast and organising rehearsals to managing costumes, props, lighting and backstage arrangements, they demonstrated outstanding leadership, creativity and commitment throughout.

The cast was made up of students from across the main school, all of whom delivered excellent performances and brought Orwell's classic story to life with confidence and enthusiasm. The result was two highly entertaining evenings that showcased the wealth of talent within our school community. Special recognition must go to Beth Donovan, Sophie Poulton and Kalila Picton, whose hard work, organisation and dedication were instrumental in making the production such a success. Well done to everyone involved for creating a truly memorable performance.



EXAM STRESS



As students approach their exams, the Sixth Form is providing a range of support to help them feel prepared and confident. An assembly has been delivered to offer guidance on managing exam stress and maintaining wellbeing, alongside a detailed letter shared with students outlining practical advice and support resources.

Students are encouraged to speak to their tutor, subject teachers, or the pastoral team if they need support, and can also access additional guidance, revision planning tools, and external services.

We are committed to ensuring every student feels supported during this period, and encourage anyone with concerns to reach out to a trusted member of staff.



BIRTHDAYS

- A. Broadbent
- D. Hampson
- E. Franks
- O. Kinsey
- S. Newall
- E. Shaw

REMINDERS

Y13 UCAS APPLICATIONS

Year 12 created their UCAS applications on Thursday 4 June during Life Programme. They began writing their Personal Statements on Friday 5 June. For Parental Information and Guidance, please [click here](#) to access a guide from UCAS.

SIXTH FORM DRIVERS

Your car must be registered [here](#). Please drive carefully, keeping to the 5mph speed limit. Be especially mindful of pedestrians at the zebra crossing and ensure you park considerately so the space can be used safely by everyone.

YEAR 12 IAG

The Parental Information, Advice and Guidance (IAG) session on UCAS took place on **Thursday 23rd April**. Please [click here](#) to view the slides. A recording is on Class Charts.

YEAR 12 FUTURES

Please [click here](#) to read the letter sent to parents and carers about the Year 12 Futures Programme, which includes information about University Open Days, Degree Apprenticeship support, Work Experience, Unifrog and UCAS.

UNIFROG PARENT ACCOUNTS

All Sixth Form parents and carers have now had parental accounts activated on Unifrog. [Click here](#) to read the letter sent on Class Charts.

KEY DATES CALENDAR

A reminder to check the [Key Dates and Assessment Calendar](#) for important dates throughout the academic year.

YEAR 13 LEAVERS' INFORMATION

- **Monday 1st June** onwards – Full Study Leave. No Year 13 Lessons. Sixth Form will remain open for independent study between 7.30am and 5pm, and teachers will still be available during lesson hours to provide support. We want to ensure that students continue to receive excellent support, with subject staff, Form tutors, and the Sixth Form team always available to assist whenever needed.
- **A' Level and BTEC Exams** – If you wish to see an overview of the dates of these you can find these [here](#). Students have been issued with their individual timetables; it is essential you check these carefully, taking note of your candidate number, seat number, exam venue and the start time.
- **Year 13 Prom** – *Thursday 9th July*. The Prom starts at 7pm and finishes at 11pm and the price includes a welcome drink, a buffet and a DJ in a beautiful private function room with its own bar and garden.



To read the letter sent home, [click here](#).



DUKE OF EDINBURGH GOLD AWARD



The Duke of Edinburgh's Gold Award continues to be one of the most rewarding opportunities available to Sixth Form students, helping young people develop resilience, leadership, independence and confidence beyond the classroom. Each year, many of our students undertake this challenging and prestigious award, gaining invaluable experiences through volunteering, physical activity, skill development and residential projects.

This year, we are especially proud to recognise Emilia, who recently attended the Gold Award celebration at Buckingham Palace during the Duke of Edinburgh's 70th anniversary year. The event featured inspiring speeches from The Duke of Edinburgh and guest speakers including David Seaman, Katya Jones, Molly Rainford and Tyler West, all highlighting the importance of determination, resilience and perseverance —qualities that are essential both in life and during A-level studies.

As part of her Gold Award, Emilia achieved Grade 8 Euphonium, completed her Intermediate Ballet examination, volunteered as a tumbling coach, and took part in a life-changing residential project in Kenya, helping to build school desks and teach English.

Congratulations to Emilia on this outstanding achievement, and to all of our Sixth Form students who continue to embrace the challenge and opportunities offered by the Gold Duke of Edinburgh's Award.

INTERHALL

FUSSBALL TOURNAMENT

STUDENTS V STAFF

Please let Mr Hayes know if you would like to compete by emailing him jhayes@lymmhigh.org.uk by Friday 5th June.

Compete in pairs - staff and students



INTERHALL

BUCKET GOLF TOURNAMENT

Inter-hall Bucket Golf will take place over the next few weeks. Bucket Golf is a light-hearted game in a similar vein to crazy golf! It has been great fun over the past few years and a real highlight on the the inter-hall calendar!

Good luck to everyone taking part!



APPRENTICESHIPS

Key Apprenticeship Links

- [Current apprenticeships in the Warrington area](#)
- [Higher & Degree Apprenticeship Vacancies - October 2024](#)
- [Cheshire and West Apprenticeship Opportunities](#)
- [Search for an apprenticeship – GOV.UK](#)
- [A Guide to Traineeships and Apprenticeships - Lymm Sixth Form](#)
- [Not Going To Uni - Search for Opportunities](#)
- [Liverpool John Moores University - Apprenticeships Courses](#)
- [Manchester Metropolitan University - Become A Degree Apprentice](#)
- [Apprenticeships | University of Salford](#)
- [Programmes - Apprenticeships - The University of Manchester](#)
- [Search apprenticeships | UCAS](#)
- [NHS Apprenticeships](#)
- [Linkedin - Degree Apprenticeships](#)

Need More Help?

Our Careers Advisor, Ms Draper, is available for one-on-one support. Contact Mr Brown at Sixth Form Student Services to book an appointment (nbrown@lymmhigh.org.uk).

Register for New Degree Apprenticeship Alerts:


- [Indeed](#)
- [Total Jobs](#)
- [Rate My Apprenticeship](#)
- [Prospects](#)

CAREERS FAIR

Years 7 to 13

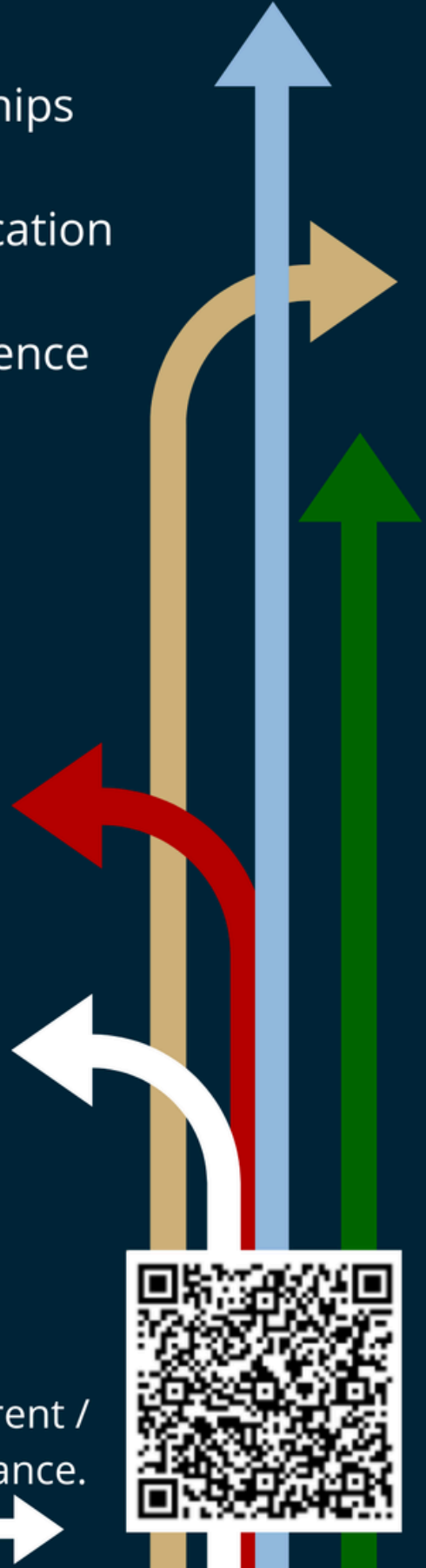
Tuesday 7th July 2026
5–7pm

LHS Sports Hall

Students should attend with their parent / carer. Tickets must be booked in advance. Scan here to book tickets. 

What's your next step?

- Jobs
- Apprenticeships
- Colleges
- Further education
- Universities
- Work experience



CAREERS

In Cheshire and Warrington, the industry sectors that are growing include life science, digital & technology, logistics & distribution, energy, zero carbon and clean growth. Find out more [here](#) . Key sectors with significant levels of employment are: chemicals, manufacturing & engineering, finance & business services, and health & social care.



Our [careers website](#) includes a [calendar of events](#), [labour market information](#) and a link to [Unifrog](#).

Upcoming Events

- **NHS Allied Healthcare Virtual Work Experience**
Sunday 7th June
- **Legal careers in the insurance industry**
Tuesday 23rd June, 9.30–3pm, Liverpool
- **Interpreting and translation careers**
25–26th June, 9–2pm (remote)
- **Discover Tech Manchester**
1–2nd July 2026, 9–4pm
- **Eco-Innovation and STEM Careers**
7–8 July, 10–2.30pm (remote)
- **Young Professionals Work Experience Day**
London, Saturday 18th July, 2–6pm
- **Engineering & Business Work Experience Day**
27–30th July, Birchwood (Deadline to apply: Friday 12th June)
- **PWC Summer Work Experience**
3–6th August; Deadline to apply: Friday 31st July

For details of all these events and more, [click here](#).

WORK

MEDIC
MENTOR 
MAKE A DIFFERENCE

EXPERIENCE

NHS Allied Healthcare Virtual Work Experience Sunday 7th June

This is a fantastic opportunity for students who are considering a career in healthcare. This session will focus on the pivotal aspects of Paediatric Pathways.

Registration Link: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme>

Students will gain invaluable perspectives on patient care dynamics and the collaborative efforts within the NHS, including exploring careers within:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

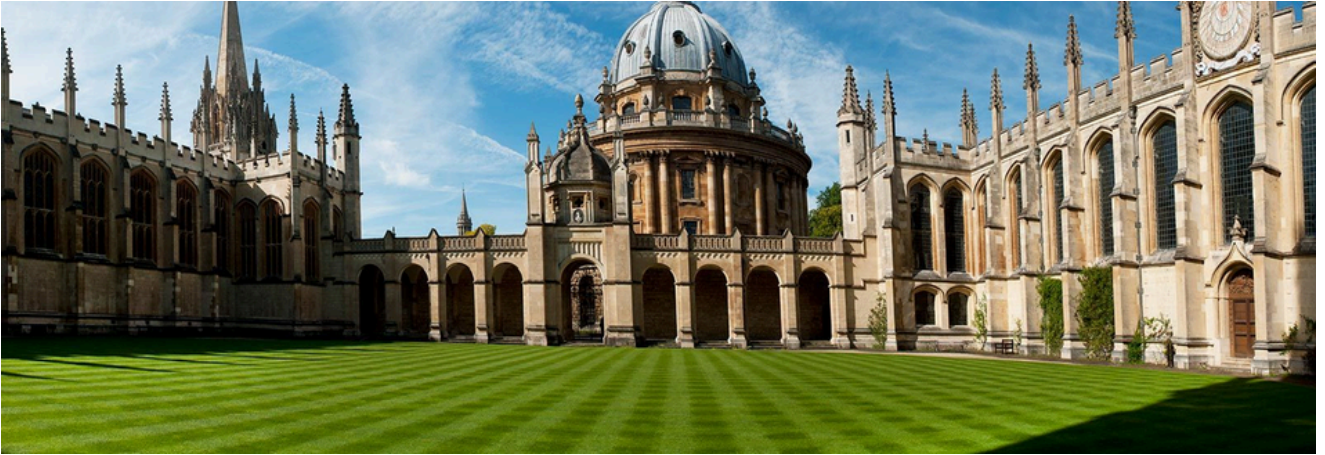
Students will actively develop their understanding of healthcare through guided, structured experiences:

- Real insight into NHS roles
Understand the responsibilities, skills, and day-to-day work of different allied healthcare professionals
- Understanding multidisciplinary teamwork
See how professionals collaborate to support patients across their recovery journey
- Application to UCAS
Gain meaningful experiences to reflect on in personal statements and discuss in interviews
- Career clarity
Explore different pathways within allied healthcare to make informed decisions
- Direct interaction with professionals
Engage with healthcare professionals, ask questions, and deepen understanding throughout the session

Once registered, students will receive access to their virtual work experience portal, where all session details will be provided. A certificate is awarded for each session, with a Highly Commended Reference available for students who complete the full 6-month programme.

Students can register for individual sessions at £10 each, or enrol in the full programme for £50. We recommend booking early to gain the most from the experience and secure a place.

UCAS



To view the latest online University events, [click here](#).

These are listed in chronological order and include Open Days (in-person and virtual), online chats and webinars. Students can browse these events and engage with higher education from the comfort of their mobile, tablet or computer.

- **University of Liverpool Open Days**
Friday 19th June, Saturday 20th June, Saturday 26th September, Saturday 10th October.
- **Business Taster Day at ManMet**
Thursday 11th June, 12.30–4pm
- **University of Liverpool Year 12 Stem Experience Days**
16–18th June (9.45–3pm)
- **Manchester Met Open Day**
Wednesday 17th June
- **Law Taster Day at ManMet**
Thursday 18th June, 12.30–4pm
- **University of Derby Open Day**
Saturday 20th June, 9.30–3pm
- **STEM Summer Residentials**
June and August 2026

For details of these events and more, [click here](#) to access our dedicated UCAS webpage, and click the button 'What's on this month'.

